

# COUNCIL ON AGING

South Hadley Massachusetts

*The sun never sets on our Activities...*

Director: Joanne Trybus  
 E-Mail: jtrybus@southhadley.ma.gov  
 45 Dayton Street  
 South Hadley, MA 01075-1924  
 Tel. 538-5042 Fax 532-8206  
 Assistant Director: Lisa Napiorkowski  
 lnapiorkowski@southhadley.ma.gov

Chairperson: M. Connie Laplante

## THE GOLDEN CHRONICLE

Social Service Coordinator:  
 Angie Wright  
 E-Mail: awright@southhadley.org  
 WebSite: www.southhadley.org/  
 pages/SouthHadleyMA\_COA

MAY 2012

\*\*\*\*\*



**HAPPY MOTHER'S DAY TO ALL  
 MOTHERS, GRANDMOTHERS,  
 GREAT-GRANDMOTHERS AND  
 GREAT-GREAT GRANDMOTHERS.**



Every Weekday: Nutritious & Delicious Lunch 11:45 am - 12:15 pm, in the South Hadley Senior Center Dining Room. Please reserve a day in advance (538-5042). Remember to cancel if you cannot make the luncheon. THE SUGGESTED DONATION IS \$2.25 FOR PEOPLE 60 AND OVER, BUT REMEMBER IT IS A DONATION. EVERYONE UNDER 60 MUST PAY \$3.00. FEDERAL GUIDELINES SPECIFY THAT FOOD SHOULD NOT BE TAKEN FROM THE LUNCH SITE. The only exceptions are bread, fruit, milk or non-perishable items.

### SPRING LUNCH AND CHORALITES CONCERT-WEDNESDAY MAY 23RD

Come and join the fun by having lunch (Beef Tips & Mushroom Gravy) and then stay for a delightful concert by the Choralites immediately following the meal. They will perform "oldies" from 1910's, 1920's and 1930's with a sing-a-long.

\*\*\*\*\*  
**MOTHERS' GARDEN**  
 \* PLANT SALE-Saturday, May 19th, 9-12 at the COA \*  
 \* Mothers' Garden. Plants from the gardeners' personal homes. Easy prices!  
 \* NEEDED-Volunteers to work at the Garden. Most of us meet on Wed. mornings (every other Wednesday) but you could volunteer at any time that is convenient for you. If you can't get down and garden, could you water the window boxes? Call 532-3921 for more information and ask for Linda.  
 \*\*\*\*\*

THE FRIENDS OF SOUTH HADLEY ELDERLY, INC. WILL BE HOSTING THEIR ANNUAL CARD PARTY ON TUESDAY, MAY 1ST 6:30 P.M. AT THE ST. PATRICK'S CHURCH SOCIAL CENTER. THERE WILL BE WONDERFUL HOMEMADE DESSERTS AND GREAT RAFFLE PRIZES. THIS IS A MAJOR FUND-RAISER FOR THE "FRIENDS" SO PLEASE SUPPORT THE EVENT. CARD PARTY TICKETS ARE \$4.00 AND RAFFLE TICKETS ARE 3/\$1.00 WITH A \$100 CASH FIRST PRIZE. TICKETS ON SALE AT THE DAILY LUNCHES. The "FRIENDS" sponsor the coffee station, the photocopier, and provide financial support for all the special events.

### South Hadley Senior Travel Club



**Tuesday, June 12, Narragansett Lighthouse Cruise.** Quidnessett Country Club for lunch. A 90 minute narrated cruise of Narragansett Bay. An afternoon stop to browse the quaint shops of Wickford Village. Cost \$81.00. Call Judy Fortier, 534-3598. **Sunday, July 8, 2012, TANGLEWOOD, featuring the Boston Pops with Keith Lockhardt and special guest, Bernadette Peters.** Cost \$91.00 for reserved shed seats. Lunch is not included in this price but a stop at a McDonald's will be made prior to concert or bring a lunch or cheese and crackers and wine and picnic on the lawn. Call Susan Canedy, 536-2106. **MOHEGAN SUN, Monday, July 23.** Cost \$21.00 payment due upon booking. Call Howie Walsh, 593-6286. **Wednesday, August 8, 2012 Saratoga Raceway with dinner at Grandma's Restaurant.** Cost \$79.00. Call David Bellefeuille 533-7724. **Tuesday, August 28, 2012. Lobster Bake at the Gloucester House** with a 90 minute narrated Essex River Cruise. Cost \$92.00. Call David Bellefeuille, 533-7724. **Wednesday, October 3, Salem Witch Museum, lunch at Victoria Station Restaurant** followed by an afternoon of free time to explore historic Salem. A list of the many sights and activities of Salem will be given to you. Cost \$74.00. Call Susan Canedy, 536-2106. **Fri-Mon., November 9-12, 2012, Veteran's day weekend, in Washington DC.** 4 days/3 nights at the first class CROWNE PLAZA CRYSTAL CITY HOTEL. Cost \$562.00 pp twin/triple. A \$200.00 deposit due by August 17. Call Judy Fortier, 534-3598 for more details and a flyer. A \$5.00 non-refundable deposit is due on all non-casino trips. No refund prior to 6 weeks of trip. A travel Club Representative is at the South Hadley Senior Center Wednesday and Thursday 10-11:30 a.m. Flyers available.

## NOTES FROM THE DIRECTOR

May is Older Americans Month and the theme for this year is "never too old to play." **Having fun is very important** in staying happy and healthy! The "Friends" Card Party is always lots of fun! There will be a spring lunch and concert on Wednesday, May 23rd.

As part of the Elder Law Education Program, on May 16th Attorney Gina Barry, member of the Mass. Bar Association, will speak about legal issues pertinent to estate planning. It is extremely important to make your plans while you are able to state your wishes. Don't wait until an emergency occurs.

I want to thank the staff for their efforts in making the Volunteer Appreciation Event a huge success last month. We can never thank our faithful volunteers enough for their hours of service.

May is my favorite month because of the many beautiful shrubs and flowers that bloom. The Mothers' Garden is a vision of beauty thanks to some very devoted volunteers!

My best wishes to all mothers, grandmothers, great-grandmothers and great-great grandmothers for a very special Mother's Day because their work is never done!

A few weeks ago I received a very nice surprise! A \$5,000 bequest was made to the South Hadley Council on Aging by the estate of Beatrice Rivers. She specified in her Will that the money be divided into three accounts: newsletter, purchase of new minibus and activity gift. Her remembrance is greatly appreciated and will help to provide essential services.

If you like cards, Mah Jongg is offering a "teach and learn" program on the first three Wednesday afternoons in May at 1 p.m. The Red Hat Society is also a social group that likes to meet and have a good time!

Also in May we remember our deceased veterans who fought and sacrificed their life to keep us free! There is a parade followed by a ceremony at Town Hall on Monday, May 28th.



*Joanne*

TRANSPORTATION WILL BE PROVIDED FOR THE FRIENDS OF SOUTH HADLEY ELDERLY CARD PARTY IF AT LEAST FIVE PEOPLE SIGN UP. CALL 538-5042 IF YOU NEED A RIDE TO THE EVENT.

### MOTHERS' DAY SPECIAL

MUSICAL PROGRAM ON MAY 4TH 2012  
7 P.M. AT SOUTH HADLEY HIGH SCHOOL  
TICKETS \$15.00 EACH OR 2 FOR \$25.00  
FEATURING: MARION GROVES, SINGER  
SERGEI NOVIKOV, HUMORIST, PIANIST, WRITER  
SPONSORED BY THE SOUTH HADLEY LIONS CLUB  
TICKETS AVAILABLE AT S. HADLEY SENIOR CENTER



**WEDNESDAY, MAY 16TH AT 10 A.M.** COURTESY OF THE MASS. BAR ASSOCIATION, ATTORNEY GINA BARRY WILL GIVE A PRESENTATION ON "TAKING CONTROL OF YOUR FUTURE- A LEGAL CHECK UP." DO NOT WAIT UNTIL A FAMILY MEMBER IS FACING PLACEMENT IN A LONG-TERM CARE FACILITY. CALL 538-5042 TO REGISTER, IF POSSIBLE. OPEN TO THE GENERAL PUBLIC AND RESIDENTS OF SURROUNDING COMMUNITIES.

### SPECIAL THANKS TO:

\*\*Granby/Holyoke/South Hadley Ecumenical Group for the \$200 donation to "Lights On"  
\*\*South Hadley Women's Club for the \$200 donation to be used for Minibus Maintenance Expenses  
\*\* Anita Rheume for the automatic stapler  
\*\* Waldo and Audrey Heinrichs for the donation of 2 tickets (each an entry for 2) to the S. Hadley Police Association/B.A.S.H. Comedy Night.

### HOUSE NUMBERS AVAILABLE

TRIAD HOUSE NUMBERING IS BACK IN BUSINESS. A VISIBLE HOUSE NUMBER MAY SAVE YOUR LIFE! TO HAVE A RED REFLECTIVE NUMBER INSTALLED ON YOUR PROPERTY, CALL 538-5042 AND THE INFORMATION IS PASSED ON TO THE S.A.L.T. COUNCIL. PLEASE GIVE YOUR NAME, ADDRESS AND PHONE NUMBER. IF YOU WISH, YOU MAY MAKE A \$5.00 DONATION TO THE SO. HADLEY TRIAD, c/o South Hadley Senior Center, 45 Dayton Street, South Hadley, MA 01075.

**SOUTH HADLEY 2012 SPRING YARD WASTE CURBSIDE COLLECTION** WILL TAKE PLACE BETWEEN APRIL 30TH AND MAY 25TH. PAPER BAGS OR OPEN TOP CONTAINERS ONLY PLACED ON CURB THE DAY OF YOUR COLLECTIONS. CALL 'V' AT 538-5033 WITH QUESTIONS.

**HOUSEHOLD HAZARDOUS WASTE & UNWANTED MEDICATIONS COLLECTION DAY** WILL BE MAY 5TH FROM 8 A.M. TO 12 P.M. (MEDICATIONS COLLECTED FROM 10 A.M. TO 12 P.M. ONLY). PRE-REGISTRATION REQUIRED BY CALLING 538-5033 AND ASK FOR 'V'.

**BRING THREE SHRED FOR FREE!** ON MAY 19TH FROM 9 A.M. TO NOON, VALLEY GREEN SHREDDING AND THE DPW HAVE TEAMED UP FOR A SHREDDING EVENT AT 10 INDUSTRIAL DRIVE. RESIDENTS WHO BRING IN THREE ITEMS FOR SOUTH HADLEY'S FOOD PANTRIES MAY HAVE THEIR SENSITIVE DOCUMENTS SECURELY SHREDDED AS THEY WATCH. SUGGESTED DONATION ITEMS: CANNED MEATS, CANNED FRUITS, CANNED VEGETABLES, CEREAL, SOUPS & STOCKS, BEANS, PASTA, SPAGHETTI SAUCE, MAYONNAISE, OILS, PEANUT BUTTER & JELLY, TOILETRY ITEMS.

### TRIAD TIP OF THE MONTH

BE PARTICULARLY ALERT WHEN WALKING BEHIND VEHICLES IN PARKING LOTS FOR EXHAUST STEAM, BACKUP LIGHTS OR MOTOR NOISES WHICH MAY INDICATE A CAR IS ABOUT TO MOVE.

**NEWS FROM: UNDERSECRETARY BARBARA ANTHONY OF THE DEPARTMENT OF CONSUMER AFFAIRS & BUSINESS REGULATION:** "When you know that you did not make a purchase you are being charged for, you should report the incident as credit card fraud. Do not allow the credit card company to talk you into disputing the crime as a 'mistake.'"

## Angie's News & Notes

How wonderful to see all the spring blooms. My beautiful hostas are already poking through the ground!

This month I would like to provide information on **Prescription Advantage (PA)**. Prescription Advantage is a state-sponsored prescription drug insurance plan for Massachusetts seniors (age 65 and over) and low-income people with disabilities. For people on Medicare, PA helps pay Part D (or other "credible") plan costs. For people not on Medicare, the program provides primary prescription drug coverage.

How does Prescription Advantage help? if your income is less than \$32,671 (single) or \$44,131 (married):

- The biggest benefit PA will provide you is **it will help pay for your prescription drugs if you reach the "donut hole" or "gap" in your drug plan.**
- PA also sets a limit on your out-of-pocket co-pays for the year. If you exceed that limit, PA will cover all your prescription drugs fully.
- PA will pay for benzodiazepines (a type of medication not covered by most Part D plans).
- You will also be permitted to switch drug plans one extra time during the year (outside the normal open enrollment) if the need arises.

Who is eligible to join Prescription Advantage?

- Seniors with Medicare with incomes up to \$54,450 for a single person or \$73,550 for a married couple.
- People with disabilities under age 65 with incomes up to \$20,474 for a single person or \$27,655 for a married couple (working no more than 40 hours per month).
- Seniors who are **not** Medicare eligible have no income limit.

How much will it cost to join Prescription Advantage?

For many seniors, PA is **FREE** to join (**seniors with Medicare with incomes less than \$32,671 if single and \$44,131 if married**).

For Medicare beneficiaries with higher incomes, the cost is \$200 per year. It is also free for seniors who are not eligible for Medicare.

How do you apply for PA?

To apply for Prescription Advantage, call 1-800-AGE-INFO for an application or call Angie at the Council on Aging (413-538-5042). Applications may be submitted at any time throughout the year.

Important for new members: Co-pay assistance during the coverage gap can begin immediately. However, any costs incurred prior to joining Prescription Advantage cannot be applied towards the Prescription Advantage out-of-pocket spending limit.

How do you access benefits?

People with a Medicare Part D or other credible plan should bring that card and their new Prescription Advantage card when they buy prescription drugs. People not on Medicare use just their Prescription Advantage benefit card.

What if I'm not eligible for Medicare?

For people not eligible for Medicare, PA provides primary prescription drug coverage. This coverage has no monthly premium. Depending on income, members will pay a co-payment for prescription drugs and will have an annual out-of-pocket spending limit and quarterly deductible. (You cannot join this program if you are a MassHealth/Medicaid or CommonHealth member.)

If you need help paying for your prescription drugs please consider joining Prescription Advantage.

*Angie*

Angie Wright, Social Service Coordinator

## NUTRITION PROGRAM

PLEASE MAKE RESERVATIONS 24 HOURS IN ADVANCE.\*

MENU SUBJECT TO CHANGE. The Nutrition Program is funded by the Older Americans Act through a contract with:

### WESTMASS ELDERCARE, INC. MAY MENU

- 1) CHICKEN PATTY W/GRAVY, Mashed Potatoes, Spinach, Roll, Pears or Diet Pears.
- 2) LOW-SODIUM KIELBASA, Lazy Pierogi, Carrots, Rye Bread, Orange Juice, Cookies or Diet Cookies.
- 3) BBQ CHICKEN, Rice, Zucchini Blend, Fruit Cocktail or Diet Fruit Cocktail.
- 4) SALISBURY STEAK W/GRAVY, Mashed Potatoes, Peas & Onions, Juice, Whole Grained Bread, Applesauce or Diet Applesauce.
- 7) CHICKEN MARSALA, Mushrooms, Egg Noodles, Stewed Tomatoes, Multi-Grained Bread, Pears or Diet Pears.
- 8) BIRTHDAY/ANNIVERSARY—POT ROAST W/GRAVY, Roasted Potatoes, Green Beans, Roll, Cake or Diet Cake.
- 9) BROCCOLI & CHEESE QUICHE, Rice Pilaf, Spinach, Roll, Mixed Fruit or Diet Mixed Fruit.
- 10) ROASTED TURKEY W/GRAVY, Mashed Potatoes, Corn, Cranberry Sauce, Whole Wheat Bread, Pudding or Diet Pudding.
- 11) COLD PLATE: Egg Salad, Pasta Salad, Carrot/Raisin Salad, Roll, Pineapple or Diet Pineapple.
- 14) MEATLOAF W/GRAVY, Mashed Potatoes, Carrots, Roll, Fresh Fruit.
- 15) CHICKEN CACCIATORE, Baked Potatoes, Wax Beans, Whole Grained Bread, Juice, Cookies or Diet Cookies.
- 16) AMERICAN CHOP SUEY, Cornbread, Broccoli & Cauliflower, Apricots or Diet Apricots.
- 17) CHICKEN PARMESAN W/SAUCE, Pasta, Peas, Garlic Bread, Tropical Fruit or Diet Tropical Fruit.
- 18) CELEBRATE SCOTLAND—SCOTTISH BEEF STEW, Boiled Potatoes, Carrots & Onions, Rye Bread, Bread Pudding or Diet Bread Pudding.
- 21) TERIYAKI CHICKEN, Brown Rice, Oriental Mixed Vegetables, Multi-Grained Bread, Apricots or Diet Apricots.
- 22) COLD PLATE: Tuna Salad, Macaroni Salad, Pickled Beets, Whole Grained Roll, Mandarin Oranges or Diet Mandarin Oranges.
- 23) BEEF TIPS & MUSHROOM GRAVY, Egg Noodles, Peas, Biscuit, Juice, Carrot Cake or Diet Carrot Cake.
- 24) ALL BEEF FRANKS, Baked Beans, Spinach, Roll, Brownies or Diet Brownies.
- 25) BREADED POLLOCK FILLETS, Rice, Green Beans, Rye Bread, Pineapple or Diet Pineapple.
- 28) HOLIDAY—CENTER CLOSED (MEMORIAL DAY)
- 29) BEEF CHILI, Rice, Carrots & Cauliflower, Whole Wheat Bread, Vanilla Pudding or Diet Vanilla Pudding.
- 30) CHICKEN MARINARA, Pasta, Green Beans, Multi-Grained Bread, Mandarin Oranges or Diet Mandarin Oranges.
- 31) SHEPHERDS PIE W/GRAVY, Mashed Potatoes, Peas, Biscuit, Tropical Fruit or Diet Tropical Fruit.

ALL MEALS ARE SERVED WITH BREAD AND A 1/2 PINT OF MILK. \*FOR RESERVATIONS OR CANCELLATIONS, PLEASE CALL 538-5042 NO LATER THAN 9:00 A.M. PLEASE TRY TO CALL BY FRIDAY IF YOU'D LIKE TO EAT ON MONDAY.

## Know your Fats

By Christine Brown  
WMEC Nutritionist

Knowing which fats raise your LDL cholesterol (the bad cholesterol) and which ones do not is helpful information. It should be our goal to lower the risk of our number one killer – heart disease.

Fats in food are mainly two types of fatty acids – SATURATED FATS and UNSATURATED FATS. However, there is also a third fatty acid that appears to be a major factor in the high incidence of heart disease – TRANS FATTY ACID.

### The “BAD” Fats:

**SATURATED FATS** - are found mostly in foods from animals and some plants. These include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, whole milk, and whole fat cheeses. Saturated fat from plants includes coconut oil, palm oil and palm kernel oil (often called tropical oils) and cocoa butter.

**TRANS FATTY ACIDS** - are found in small amounts in various animal products such as beef, pork, lamb and butterfat in butter and whole milk. TFA is also formed during the process of hydrogenation - the making of margarine, shortening and cooking oils.

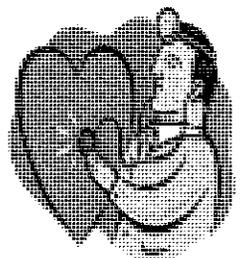
### The “GOOD” Fats:

**UNSATURATED FATS** – found in oils from plants, including safflower, sesame and sunflower seed, corn and soybeans, many nuts and seeds and their oils. They also include canola, olive and peanut oils and avocados.

To reduce the risk of heart disease, avoid SATURATED FATS and try to keep TRANS FATTY ACIDS as low as possible. Reduce your intake of any foods that list “partially hydrogenated oils” on their ingredient list.

The higher your HDL, the better. A high HDL level, defined as 60mg/dl or more is considered protective against heart disease.

LDL levels should be low.



**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**NEWSLETTER:**

FLOYD DOWNEY

Carmen Breton  
Marie Tamburro  
Paul & Jane Tardif  
Irene Roy

**CHORALITES:**

FLOYD DOWNEY

Carolyn R. Baston

AL FERNANDES

Bea Fernandes

**MINI-BUS MAINTENANCE:**

LUANNE REYNOLDS

Noella Loiselle

ELAINE WAGNER

Eric & Linda Haines

MISAO "JEAN" ROACH

Ritsuko Tavares  
Andre J. Talbot  
Mideko McCarthy  
Donna & Ron Bullough

CHESTER S. MARCINIAK

Chester Marciniak

**MOTHER'S GARDEN:**

DON BROCHU

Janie Brochu

ESTELLE "GIGI" DICKINSON

Leslie Dickinson

LUANNE REYNOLDS

Noella Loiselle

VERONICA MAJKA

Carole V. Dubuc

RUTH MILLER

Barbara Sullivan

**NUTRITION:**

JAMES PAOLUCCI

Fran Mytkowicz

MARY FAFFORD

Fran Mytkowicz

DORIS LANGLOIS

Margaret Smith &  
Susan Sormanti

FLOYD DOWNEY

Yvonne Gaudette

**IN MEMORIAM**

**IN MEMORY OF:**

**FROM:**

**BUILDING FUND:**

FLOYD DOWNEY

Claire Richards  
Doris Tanguay  
Jan Boczon  
Julia Pasternak  
Rosalie Kelley  
Claire Bielanski

RONALD CHATEAUNEUF

Claire Bielanski

EUGENE BRUNELLE

Claire Bielanski

**SUBSIDIZED SENIOR TRANSPORTATION:**

JACQUELINE J. BOULAY

Lathrop Village &  
Newton Manor Tenants Association

MOTHER'S GARDEN DONATION

*Received  
In Memory of:  
Janet "Penny" Koske*

From:  
Claire Robillard  
Mary Fleury  
Linda Gaunt



MOTHER'S GARDEN ANGEL STATUE

*With Our Sincere Gratitude*

The South Hadley COA has received \$5,000  
that was bequeathed from the Estate of :

*Beatrice M. Rivers*

To be equally divided between the following:

- Activities Gift Account
- Newsletter Gift Account
- Purchase of New Minibus Gift Account

# MAY 2012

<p><b>1 CHICKEN PATTY/GRAVY</b>          10 Beginning Exercise-EX          1 Bingo-CR          1 Movie-EX          1 Needlecraft-CE  <b>6:30 PM Friends' Card Party          At St. Patricks' Social Center</b></p>	<p><b>2 LOW-SODIUM KIELBASA</b>          8 HIP-EX          10 Travel Club-C1          10:30 Osteoporosis Exercise-EX          1 Pitch-CR  <b>1 Mah Jongg Teach &amp; Learn-CE</b>          1 Choralites-DR          1 Senior Poetry-C2</p>	<p><b>3 BBQ CHICKEN</b>  <b>10 Alzheimer's Support-C2</b>          10 Beginning Exercise-EX          10 Travel Club-C1          1 Scrabble-L          1 Quilting-CE          1 Golden Agers-CR          1 Falls Prevention-EX</p>	<p><b>4 SALISBURY STEAK/GRAVY</b>          9:30 Grocery Shopping          10 Bereavement Support-CE          10 Coffee &amp; Conversation-DR          10:30 Osteoporosis Exercise-EX          1 Knitting-L/Bridge-CE          1 Cribbage-CR          1 Canasta &amp; Poker-DR</p>
<p><b>7 CHICKEN MARSALA</b>          10 Music Appreciation-CE          10 Tai Chi-EX          1 Poker -DR          1 Pinochle-DR          1 Canasta-DR          1 Mah Jongg-CR  <b>1 Red Hat Society-CR</b></p>	<p><b>8 BIRTHDAY/ANNIVERSARY          POT ROAST/GRAVY</b>  <b>9-12 SHINE (by appt.)</b>          10 Beginning Exercise-EX          1 Bingo-CR          1 Movie-EX          1 Needlecraft-CE</p>	<p><b>9 BROCCOLI-CHEESE QUICHE</b>          8 HIP-EX          10 Travel Club-C1          10:30 Osteoporosis Exercise-EX          1 Pitch-CR  <b>1 Mah Jongg Teach &amp; Learn-CE</b>          1 Choralites-DR</p>	<p><b>10 ROASTED TURKEY/GRAVY</b>          10 Beginning Exercise-EX          10 Travel Club-C1  <b>10 Veteran's Meeting-CE</b>  <b>12:30-2pm Blood Pressure          Screening w/Nurse -C2</b>          1 Scrabble-L /Quilting-CE          1 Golden Agers-CR          1 Falls Prevention-EX</p>
<p><b>14 MEATLOAF W/GRAVY</b>  <b>9:30 Foot Nurse (by appt.)</b>          10 Music Appreciation-CE          10 Tai Chi-EX          1 Poker -DR          1 Pinochle-DR          1 Canasta-DR          1 Mah Jongg-CR  <b>4 COA Board Meeting-C2</b></p>	<p><b>15 CHICKEN CACCIATORE</b>  <b>10 Lo-Vision Support-C2</b>  <b>10-11 Brown Bag-CE</b>          10 Beginning Exercise-EX          1 Bingo-CR          1 Movie-EX          1 Needlecraft-CE  <b>2 Get Going-C2</b></p>	<p><b>16 AMERICAN CHOP SUEY</b>          8 HIP-EX/10 Travel Club-C1  <b>10 "Taking Control of Your          Future-A Legal Check-up"          By Attorney Gina Barry-CR</b>          10:30 Osteoporosis Exercise-EX          1 Choralites-DR/Pitch-CR  <b>1 Mah Jongg Teach &amp; Learn-CE</b>          1 Senior Poetry-C2</p>	<p><b>17 CHICKEN PARMESAN/SAUCE</b>          10 Beginning Exercise-EX          10 Travel Club-C1          1 Quilting-CE          1 Scrabble-L          1 Golden Agers-CR          1 Falls Prevention-EX</p>
<p><b>21 TERIYAKI CHICKEN</b>          10 Music Appreciation-CE          10 Tai Chi-EX          1 Poker -DR          1 Pinochle-DR          1 Canasta-DR          1 Mah Jongg-CR</p>	<p><b>22 COLD TUNA SALAD PLATE</b>  <b>9-12 SHINE (by appt.)</b>          10 Beginning Exercise-EX          1 Bingo-CR          1 Movie-EX          1 Needlecraft-CE</p>	<p><b>23 SPRING LUNCH &amp; CONCERT          BEEF TIPS/MUSHROOM GRAVY</b>          8 HIP-EX          10 Travel Club-C1          10:30 Osteoporosis Exercise-EX  <b>1 Choralites Spring Concert</b>          1 Mah Jongg-CE          1 Pitch-CR</p>	<p><b>24 ALL-BEEF FRANKS</b>          10 Beginning Exercise-EX          10 Travel Club-C1          1 Quilting-CE          1 Scrabble-L          1 Golden Agers-CR          1 Falls Prevention-EX</p>
<p><b>28 MEMORIAL DAY          HOLIDAY          CENTER IS CLOSED</b></p> 	<p><b>29 BEEF CHILI/RICE</b>  <b>9 Newsletter Collating-CE</b>          10 Beginning Exercise-EX          1 Bingo-CR          1 Movie-EX          1 Needlecraft-CE</p> <p><b>THE 2012 THEME FOR OLDER          AMERICANS MONTH IS          "NEVER TOO OLD TO PLAY"</b></p>	<p><b>30 CHICKEN MARINARA</b>          8 HIP-EX          10 Travel Club-C1          10:30 Osteoporosis Exercise-EX          1 Mah Jongg-CE          1 Pitch-CR</p> <p><b>IN TOWN TRANSPORTATION IS          AVAILABLE MONDAY-FRIDAY          9-3 BY APPOINTMENT ONLY</b></p>	<p><b>31 SHEPHERDS' PIE/GRAVY</b>          10 Beginning Exercise-EX          10 Travel Club-C1  <b>10:30 Blood Pressure Screening          w/Fire District #1-DR</b>          1 Quilting-CE          1 Scrabble-L          1 Golden Agers-CR          1 Falls Prevention-EX</p> <p><b>ROOM KEY</b>  <b>B=Billiards Room</b>  <b>CR=Card Room</b>  <b>CE=Ceramics</b>  <b>C2=Formerly Old Office</b>  <b>C1=Conf. Room Off Library</b>  <b>EX=Exercise Room</b>  <b>DR=Dining Room</b>  <b>L=Library</b></p>



SeniorNet is planning the next classes. We offer a variety of classes from "beginner" to "expert". Let us know of your interests by calling us at 533-6889. This helps us schedule our classes. We'll call you back with more information.

SeniorNet also has a website where you can see our list of classes. It is also a good place to tell us of your particular interests. The website also has information about SeniorNet, the national organization under which our SeniorNet functions, a calendar, and other information about our program. You can reach the site: **SENIORNETSH.ORG**. To leave a message, just click on the Contact Us tab.

Some of our classes are one or two session workshops; others run two to four weeks. An example of a workshop:

**GREETING CARD WORKSHOP:** A detailed course in designing cards, adding your own pictures from your library, etc.

Our two-week course:

**FUNDAMENTALS:** This class offers basic information about your computer. There are explanations about both the hard drive and the software it uses as well as practice in using the mouse and/or the finger pad. This course is a good place to begin getting used to the keyboard and exploring the capabilities of your computer.

Four week courses cover other aspects and uses of a computer. They include **INTRODUCTION, WORD PROCESSING, THE INTERNET, QUICKEN, AND EXCEL.**

SeniorNet, the umbrella, national organization under which we function, has its own website: [seniornet.org](http://seniornet.org). When you take a class or workshop, you are enrolled also at SeniorNet. This website offers a variety of useful information about computing. It also offers tutorials and other helpful information. Your membership is good for one year from the time you first enroll.

Each class provides coaches who will help each student, an instruction book that is yours to keep and a practice disc. Coaches assist students with "hands-on" help. There is a regular Friday afternoon lab which is open to all those who take our classes. This is a great time to go over a class that you might have missed as well as aspects of a class that might have been unclear. Most classes run for 6 to 8 lessons, each lasting 2 hours over a 4 week period. The workshops have one or two sessions.

The goal of SeniorNet is to provide hands-on instruction in learning both computer basics and more advanced uses at an affordable cost and in a relaxed atmosphere. Our classes are designed for older adults. Anyone 55 years and older is eligible. Call us at 533-6889.

## ANNE'S INFO

May is Older Americans month and this years' theme is "**Never too Old to Play**". What a great time to look for new opportunities to play and **we** have a few to offer!

On Monday afternoons at 1:00 pm we have a wonderful **Pinochle** group who have asked me to invite newcomers to join them. I "googled" Pinochle so I could sound educated, and found that Pinochle is a trick-taking card game requiring social skills, strategy, teamwork and card counting. It sounds like fun to me! Why not give it a try?

On Wednesday afternoons at 1:00 pm our **Mah Jongg** group is offering a series of 3 "**teach and learn**" sessions this month. They will be the first three Wednesdays and because there is quite a bit to learn you are encouraged to attend all 3 sessions. This is a great opportunity to learn a new game.

On May 23<sup>rd</sup> the **Choralites** will be performing their last concert of the season. They have a special concert of tunes from the 1910's, 20's and 30's and are going to have a sing-a-long also. If you would like to join us for lunch please make your reservation as soon as possible as it will fill up fast, and if you are just attending the concert there is no need to call, just come!

I hope I will see you at the **Friends' Card Party** on May 1<sup>st</sup>! This is my 3<sup>rd</sup> time attending and it is a wonderful event! People come with friends or family and sit at tables together or come on their own and meet new people. They play games, enjoy delicious refreshments and win, win, win! The prizes seem endless, and a good time is had by all!

A few other events to remember are the **Birthday/Anniversary Luncheon** for May on Tuesday, May 8 and **Celebrate Scotland** on Friday May, 18.

I'd like to welcome Patricia Moos, a new volunteer who is helping pack Meals on Wheels. Last month our volunteers logged in 1,608.25 hours. If you would like to join a great team, please call me, we always have need for additional volunteers.

Remember.....

You're **NEVER** too old to play!!!!!!

*Anne*

**South Hadley Council On Aging**  
 45 Dayton Street  
 South Hadley, MA 01075  
 (413) 538-5042  
 (413) 532-8206 FAX

PRSR STD  
 U.S. Postage  
**PAID**  
 Permit #85  
 S. Hadley, MA  
 01075

DATED MATERIAL

"THE GOLDEN CHRONICLE" IS PRINTED WITH GRANT FUNDS PROVIDED BY THE MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS AND BY OUR ADVERTISERS AND CONTRIBUTORS. ALTHOUGH THE SHCOA CANNOT ENDORSE THE ADVERTISERS, WE ASK THAT YOU PATRONIZE THEIR BUSINESS.

**PFD**  
 PRIVATE FINANCIAL DESIGN, LLC  
*Your Life. Your Plans. Your Portfolio.*

**Andrew R. Beaudry, CFP®, CLU, ChFC, CASL**

87 Willimansett Street • South Hadley, MA 01075-3038  
 T. 413.552.3669 • 800.779.1951 • F. 413.552.3436  
 abeaudry@jhnetwork.com • www.privatefinancialdesign.com

**Ryder  
 Funeral Home**

Pre-Need Funeral Planning  
 33 LAMB STREET • SOUTH HADLEY  
 533-1735

MYRON W. RYDER FOUNDER      WILLIAM W. RYDER DIRECTOR  
 www.ryderfuneralhome.com

Proud to support  
 Council on Aging

**EASTHAMPTON  
 SAVINGS BANK**

9 Offices throughout the Pioneer Valley  
 Connecting All Offices 413-527-4111

Member FDIC      bankesb.com      Member DIF



VNA & Hospice of Cooley Dickinson

*Caring for you at Home*

168 Industrial Drive  
 Northampton MA 01060

413-584-1060

www.VNAandHospice.org



**HUTT**  
 EYE ASSOCIATES  
 ALFRED HUTT, MD, FACS  
 10 Hospital Dr. Holyoke, MA 01040  
 536 - 0006



**BEERS & STORY  
 SOUTH HADLEY  
 FUNERAL HOME**

• Preplanning  
 • Burial • Cremation

646 Newton St.  
 South Hadley  
 533-4400

www.beersandstory.com

Marc G. Gaudreau  
 Wendy L. Story  
 Directors

**STATE REP. JOHN W. SCIBAK**

P. O. BOX 136, SO. HADLEY, MA  
 Tel: (413) 539-6566 Fax: (413) 539-5855  
 E-mail: Rep.Johnscibak@hou.state.ma.us

**DISCOUNT AUTO GLASS**

*Serving the Pioneer Valley*

Insurance Approved

Direct Billing

Free Mobile Service

**533-5368**

**WHITE WING MOBIL**

568 Newton St., South Hadley  
 Variety & Package Store  
 Mass. Lottery Agent  
 534-3770

Open 5-10  
 7 Days



**DONNA**

Traveling Hair Stylist  
 For men & women

Call to make an appointment in your home  
 413-734-2328



**LoomisVillage**  
*A member of The Loomis Companies*

246 North Main St.  
 South Hadley, MA 01075  
 (413) 532-5325  
 www.LoomisCommunities.org

**Hair Services for Men & Women**

*in your home*  
 Call Barbara at  
 538-9516 or 885-0371  
 Serving the Elderly & Disabled 24 Years

CHICOPEE  
**VNA**

Visiting Nurse Association, Inc.  
 Caring for you since 1942



*Great to Be Home Care*

2024 Westover Road • Chicopee, MA 01022

**SOUTH HADLEY DENTAL ASSOC., INC.**

MARJORIE S. BLOCK, D.M.D.  
 15 DAYTON ST., SOUTH HADLEY, MA 01075  
 TEL (413) 536-4455 FAX (413) 532-1757

**WINGATE**  
 at  
 SOUTH  
 HADLEY

"Where Healthcare and Hospitality Meet"  
 Short Term Rehabilitation • Long Term Care  
 1-800-WINGATE www.wingatehealthcare.com



**ACE Drain & Sewer Cleaning**  
 South Hadley

**538-9930**

Radio Dispatched • Sinks • Tubs • Toilets • Sewer Lines  
 Video Inspection of Pipes • Fully Insured • Reasonable Rates

Owner  
 Ronald T. Padykula